



Shanghai Chicken and Noodles

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 pounds chicken breast boneless skinless cut into 1/4-inch slices
- 12 ounces fettuccine barilla uncooked
- 1 pound chop suey vegetables fresh refrigerated () (5 cups)
- 3 ounces mushrooms sliced
- 0.3 cup hoisin sauce

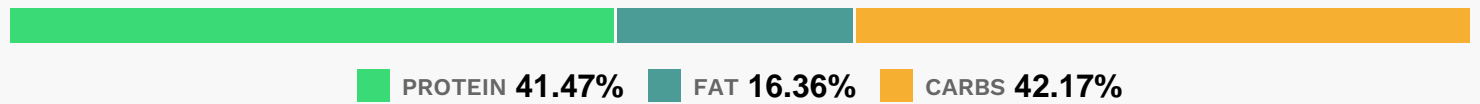
Equipment

- frying pan
- wok

Directions

- Cook and drain fettuccine as directed on package.
- Meanwhile, spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- Add chicken; cook and stir 3 to 4 minutes or until brown.
- Add vegetables and mushrooms; cook and stir about 3 minutes or until vegetables are crisp-tender and chicken is no longer pink in center.
- Stir hoisin sauce into chicken mixture.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Add fettuccine; toss until well coated and heated through.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:17.06, Inflammation Score:-4, Nutrition Score:19.791739308316%

Nutrients (% of daily need)

Calories: 446.01kcal (22.3%), Fat: 7.92g (12.18%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 43.59g (15.85%), Sugar: 4.47g (4.97%), Cholesterol: 108.45mg (36.15%), Sodium: 307.86mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.17g (90.34%), Selenium: 83.85µg (119.79%), Vitamin B3: 14.72mg (73.58%), Phosphorus: 442.35mg (44.24%), Vitamin B6: 0.85mg (42.61%), Vitamin B1: 0.46mg (30.91%), Manganese: 0.53mg (26.74%), Vitamin B5: 2.08mg (20.84%), Vitamin B2: 0.31mg (18.27%), Potassium: 546.7mg (15.62%), Magnesium: 61.48mg (15.37%), Copper: 0.25mg (12.68%), Zinc: 1.75mg (11.65%), Fiber: 2.33g (9.33%), Iron: 1.61mg (8.96%), Folate: 25.27µg (6.32%), Vitamin B12: 0.36µg (5.98%), Calcium: 37.73mg (3.77%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.29µg (1.95%), Vitamin C: 1.48mg (1.79%), Vitamin A: 64.19IU (1.28%)